

SMARTER TRAVEL

SMARTER TRAVEL walking guide



020 8489 5351



www.haringey.gov.uk/smartertravel

This is your guide to walks and walking groups around the paths, parks and open spaces in Haringey, to help you get active all year round.

Walking is the easiest and cheapest way to exercise. It saves you money and helps the environment too. Walking for just 30 minutes a day helps keep your heart healthy and strengthens muscles.

Haringey benefits from sixteen parks with green flag status, the benchmark gold standard for parks and green spaces in the UK.

healthy walks

walk your way to health with nhs haringey

This is a volunteer-led group supported by NHS Haringey and Haringey Council for all Haringey residents.

Walks are led by trained volunteers and are a great way to meet new people and discover your local neighbourhood. Walks take place all over the borough.

For more details call **020 8489 5326** or email **Pamela.Harbig@haringey.gov.uk**

pram attack

Designed for mums who want to keep fit. Classes are held in Finsbury Park and Caledonia Park.

For more details contact Vicky on **07903 272 934** or **info@pramattack.co.uk** or visit **www.pramattack.co.uk**

pushy mothers

This is a pregnancy and post-natal fitness initiative providing safe and effective exercise for mums and mums to be in local parks. No childcare worries - you bring your baby in your buggy.

Visit **www.PushyMothers.com**

historical walks

highgate society

The Highgate Society has published several guided walks available on its website at **www.highgatesociety.org.uk**

tottenham civic society

The Tottenham Civic Society organises regular historic walks. The programme includes walks around conservation areas, parks and housing estates, as well as visits to various buildings of interest both new and old.

To find out more visit **www.tottenhamcivicsociety.org.uk**

bruce castle

Bruce Castle opened as a museum in 1906 and now houses history collections relating to the Borough of Haringey. Park visitors can follow the Tree Trail and the park is part of the Better Haringey Walking Trail.

For more details call **020 8808 8772** or visit **www.haringey.gov.uk/brucecastlemuseum**

walk yourself fitter

Taking a frequent walk is one of the most effective ways of improving your health.

If 30 minutes exercise at one time is inconvenient, shorter bouts of 10-15 minutes exercise spread over the day can be just as good.

Walking is virtually injury-free and has the lowest drop-out rate of any form of exercise.

Walking a mile in 20 minutes is a highly effective workout and burns approximately the same amount of energy as:

- Running a mile in 10 minutes
- Swimming breast stroke for 10 minutes
- Doing aerobics for 16 minutes
- Playing football for 12 minutes
- Cycling for 16 minutes

what's your target?

2 x 15 minutes

Build up gradually to regular 30 minutes continuous walking by starting with two 15 minute walks a day, at least five days a week.

3 x 30 minutes

Walk continuously at a fast or fairly brisk pace for 30 minutes at least three times a week.

10,000 steps a day

The British Heart Foundation recommends 10,000 steps a day for a healthy heart. Use a pedometer to check you are walking about four and a half miles a day (10,000 steps).



distance, times, calories table

Park / Recreation ground	Lap distance metres	Lap time (mins)	Calories burnt per lap
Albert Rd	625	6.5	39
Bruce Castle	750	7.5	51
Chestnuts	680	7	42
Downhills	965	10	60
Down Lane	850	8	48
Finsbury	2230	21	126
Lordship	1200	12	72
Markfield	700	7	42
Priory	500	5	30

walking resources

walkit.com

A great online walk planning resource and simple to use, Walkit.com lets you know how many calories you burn walking at slow, medium or fast pace. It even lets you know how much Co2 you are saving by not using a car.

Visit **www.Walkit.com**

walk to school

Walk to School is a national campaign that was launched in 1995 – to encourage all parents and children to make walking to school part of their daily routine.

Visit **www.walktoschool.org**

walk london

There are lots of downloadable routes to choose from at Walk London including the Lea Valley Walk.

Find your walk at **www.walklondon.org.uk**

walk 4 life

Find new routes, upload your own routes and record your progress on this great online resource. You can also use the website to find out about your local walking groups and take a charity challenge.

Visit **www.walk4life.info**



ramblers

If you are planning a more ambitious walk then the Rambler's website is a great resource and has a useful walks finder to help you plan further afield.

Visit **www.ramblers.org.uk/walksfinder**

stravel

Sign up to Stravel and get rewarded for all the journeys you make by foot. Stravel calculates how much money you save, how many calories you have burnt and converts the miles travelled into Stravel points which can be exchanged for discounts and free offers. The more you walk, the more points you get and the better the offers become.

Visit **www.haringey.gov.uk/smartertravel**

walking trails

better haringey walking trail-free walking guide

The Better Haringey Trail is a 12-mile borough-wide circular walk, joining places of interest and environmental importance. It gives residents and visitors a great opportunity to enjoy walking and to explore different areas of Haringey.

Visit **www.haringey.gov.uk/betterharingeytrail** to download a free walking guide.

capital ring walk

The Haringey section of the Capital Ring Walk passes through Highgate down to Finsbury Park and Manor House.

A walking guide is available from **www.walklondon.org.uk**

lea valley walk

This is an 18 mile (29 km) walk along the Lea Valley that follows the Lee Navigation towpath from Waltham Abbey through Haringey to Limehouse Basin.

For more guides and maps visit **www.walklondon.org.uk**

greenways

These are safe routes running through parks, forests, waterways, and quiet residential streets. Greenways in Haringey run from Finsbury Park to Tottenham Marshes and Finsbury Park to Alexandra Palace. See map overleaf for details.

moselle river walk

This is a seven and a half mile walk along the course of the Moselle, Haringey's river, flowing from the heights of Queens Wood in the west to the river Lea at Tottenham. A detailed brochure is available at **www.haringeyfriendsofparks.org.uk**.

new river walk

The New River Action Group leads regular walks along the New River.

Visit **www.newriver.org.uk**

alexandra palace

For nature trails, environmental walks and walking maps visit

www.alexandrapalace.com and **www.friendsofalexandrapark.org**

haringey parks

To find out more about your local parks or report a problem call **020 8489 1000**, email **parks@haringey.gov.uk** or visit **www.haringey.gov.uk/greenspaces**

More details of walking events and groups and downloadable walking maps are available at **www.haringey.gov.uk/smartertravel**



Please tell us if you would like a copy of this leaflet in another language that is not listed above or in any of the following formats, and send the form to the Freepost address below.

In large print On audio tape In Braille In another language, please state:

Name: _____

Tel: _____

Address: _____

Email: _____

Please return to: Freepost RLXS-XZGT-UGRJ, Haringey Council, Translation and Interpretation Services, 8th Floor, River Park House, 225 High Road, London N22 8HQ

Haringey Council offers this translating and interpreting service to Haringey residents. We can translate this document into one language per resident ONLY.